The South 40

Now is the time to tend to trees

By JAMES A. SMITH
Extension Agent

It's time to prune, apply a dormant spray and treat soil with a herbicide with fruit, grapes and ornamentals.

To minimize decay and maximize the ability of the tree to protect itself, limbs need to be removed properly. It is no longer considered necessary to use tree paint on the freshly cut surfaces.

Learn to recognize the "branch bark ridge" and the "branch collar." The "branch bark ridge" is a slight rounded area in the crotch between the main trunk and the side branch. The "branch collar" is the swollen or enlarged portion of the side branch that arises from the main trunk. To prune a branch, the cut should be made at the opposite angle to the "branch bark ridge." Never cut flush to the trunk nor cut through the branch collar. Even if the branch is dead, do not cut through the branch collar.

Illustrations at the Extension Office may better show how to properly prune trees.

* * *

Forms for ordering pesticide recommendations were mailed to farmers two weeks ago. If you are a homeowner that did not receive a copy, call or come by and we will provide you with a copy.

This year pesticide recommendations (insects, disease, weeds) will be for sale.

* * *

It's time to overseed pastures and hay fields with clover. If it's done early, the freezing/thawing will take the seed into the soil; otherwise, you'll need to scarify the soil slightly.

Some have said it's a bit more difficult to get clover re-established in tall grass hay fields. I wouldn't disagree, because of the competition. Try alternating hay and pasture field usage. Hay land that needs clover could be grazed until July 1, giving the clover an opportunity to come through. It will make a difference in quality and quantity.

Last week there was no soil sample back-log. In fact, we got results back in five days. It will not stay this way. I took 55 samples to Virginia Tech last Monday. Get them in as soon as possible.

* * *

Some farmers still want to seed oats for hay. We can do a lot better than oat hay. Why? It costs too much, yield is too low and soil is exposed to excessive erosion. For those that still resist change, Lang gives the highest grain yield, but Otee and Bates are medium tall and will give a higher hay yield. Their standability is rated "good."

Andrew is an old spring oat variety that will average 45 inches tall, but you can expect 65% of it to fall down.

* * *

The Junior Bull and Heifer Sale is Saturday, March 3, at the Red House Bull Evaluation Center. There will be about 24 Angus, 6 Polled Hereford, 3 Charolais, 5 Simmental and 1 Santa Gertrudis bulls, in the group of heifers, there will be 36 Angus and 14 Simmentals.

You'll want to plan on attending this event.

Calendar

Henny Penny meeting set

WEDNESDAY, FEB. 22

The Henny Penny Extension Club will meet at Revella Austin's at 7:30 p.m. Each member is asked to please attend.

Garden Club to meet

FRIDAY, FEB. 27

Mrs. Maymond Mitchell will present a program on dough flowers to the Appomattox Garden Club at 7:30 p.m. in the St. Anne's Church parish hall. Artistic exhibits will include: Class I, "Speaking of Small Things; Class II, "Pamplin Pipes."

Chili feast at FRCC

SATURDAY, FEB. 25

Seventh annual chili feast will be held at Falling River Country Club for members and invited guests. The meal will be served from 7 p.m. to 8:30 p.m., and bluegrass music will be featured from 8:30 p.m. to midnight.

Pancake supper is Saturday

SATURDAY, FEB. 25

A pancake supper will be held at the Red House Volunteer Fire Department Building. This will be an all-you-can-eat affair. Admission is $3.50.

Awarded bronze star

First Lt. Robert M. Dyess Jr., son of R.M. and Frances Dyess of Rural Route 4, Appomattox, Va., has been decorated with the Bronze Star Medal at Fort Bragg, N.C.

The Bronze Star Medal is awarded to individuals for meritorious achievement or service during armed conflict.

Dyess also received the Combat Infantryman Badge for service in the Grenada operations.

The badge is awarded to soldiers assigned or attached to an infantry unit that has engaged in active ground combat with an opposing force.

The lieutenant, assigned with the 82nd Airborne Division, is a 1982 graduate of the U.S. Military Academy, West Point, N.Y.

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BILLY PROFFITT (left), a sixth-grader in Mary Krufka's class at Appomattox Elementary School, and Heather Archer (right), a fourth-grader in JoAnn Blue's class at AES, are congratulated on their performance in last week's Richmond News Leader spelling bee, held in the AES auditorium. Barbara Smith, program coordinator from the News Leader, is at the podium addressing the student body. Billy won the spelling bee, and will compete in the state spelling bee April 14 in Richmond. April placed second in the local contest, and will be first alternate to the state event. (Photo by Bill Sherrod)

Calcium supply vital for health

By Shirley W. Walton
Extension Agent

A Calcium Supply--An Absolute Must For Adults

A simple fall can lead to a broken hip for many elderly persons. Six million bones were broken from minor falls during the last year, with over 80 percent occurring in older women. Many of these women had bones that were weakened by a condition called Osteoporosis.

Research has shown how to avoid this condition, but the preventive treatment must begin when a person is in her 20's, 30's, or 40's by making sure there is enough calcium in the diet.

How much calcium is needed? All adult women should have at least two cups of milk a day or its equivalent in cheese or yogurt. If persons don't like milk, the same amount of calcium as contained in one cup of milk can be found in one cup of yogurt or 2-1/4 cups of cottage cheese or two one-ounce cubes of cheddar cheddar cheese or one cup of baked custard or one cup of creamy rice pudding of 1-1/2 cups tomato soup made with milk of 1-3/4 cups ice cream or one cup of cocoa made with milk. Now, you do not have to be a milk lover to get your required calcium intake.

If a person cannot eat dairy products, leafy green vegetables are also a good source of calcium. Some of the best sources include: collards, kale, mustard, and turnip greens. Other sources that are excellent in calcium intake include: dried beans, oranges, grapefruit, egg yolks, and bread made with milk. Although beet leaves, chard, rhubarb and spinich contain calcium, their oxalic acid content makes for low utilization of this mineral by the body.

Although calcium tablets are available, food is the recomended source of this mineral. Milk, cheese, and yogurt provide nutrients such as vitamin D, phosporus and protein which help the body absorb calcium more efficiently. A good rule of thumb to remember is, we need calcium, vitamin D and phosphorus in proper combination for proper utilization by the digestive system.

Men are not as vulnerable to Osteoporosis as are women, but they also need to get enough calcium throughout their lifespan. Regular exercise also helps to strengthen bones and keep muscles in tone.

If you have a homemaking question or problem, you may call 352-3244 or you may write the Appomattox County Extension Office at P.O. Box 488, Appomattox, VA 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

BETTY'S LIGHT ROLLS
Recipe of the Week

1 pkg. dry yeast
1 cup warm water
3 tablespoon sugar
2 tablespoon Crisco
1 egg
¾ teas. salt
3 cups flour (½ c. more if needed)

Dissolve yeast in warm water in a large bowl. Add sugar, shortening, egg, and salt and half of flour. Beat at low speed of electric mixture. Stir in rest of flour. Make into ball and let rise for about 1 hour or until double. Push down and make into rolls and let rise again. Bake 400° until golden brown. Approximately 20 minutes.

Many thanks to Betty Cole for sharing this delicious roll recipe. Her mother recently brought them to a homemakers' workshop and they were the "hit of the day."

Good News For Homemakers

1984 should be better year for farmers

"Nineteen-eighty four is not going to be a boom year for farmers but is expected to be substantially better than any of the previous three years," says James E. Coleman for Southern States Cooperative.

"Agriculture should return to a more normal year -- if there is ever such a thing," Mr. Coleman reported to local farmers who attended a regional board meeting held by Southern States Feb. 15 at Farmville.

"In response to the higher grain prices and lower anticipated carryover levels, grain production is expected to expand over the reduced levels of 1983. These higher grain prices will keep upward pressure on feed costs during the first half of 1984, but if a normal crop is in prospect, feed costs are likely to weaken by mid-year. The strong economy should lead to a brisk demand for meat.

"If the new dairy diversion program works as intended, the dairy surpluses may be trimmed and the dairy economy may be able to get [illegible]

"The longer-term outlook for the rest of the 1980s is for modest growth in demand for agricultural commodities. Forecasters are not expecting a return to the boom that we had in the 1970s.

"The financial condition for most farmers should be better although some will continue to experience difficulties. Interest rates are expected to remain fairly stable and inflation remain low in the 4 percent to 5 percent range," he states.

"Beef and pork output will likely decrease in 1984 because livestock producers are experiencing low returns. But poultry is expected to take some of the slack despite higher feed costs. Overall, net farm income is expected to be up sharply over 1983.

"With the expected return to more normal crop acreages, the use of fertilizer, pesticides, and seeds should rise substantially. Fertilizer prices are expected to rise this spring while pesticide prices are expected to remain stable."

Coleman also reported to the session that the cooperative's total dollar volume for the first 6 months of the current fiscal year was up substantially over the previous year. Southern States' volume for the 6-month period was $301,800,000 as compared with $273,200,000 for the same period the previous year.

After income taxes and non-cash equity in earnings of Texas City Refining, Inc., a Texas refinery partially owned by Southern States, net savings improved $1,855,000 over the same period last year.

Seed volume reached 266,000 tons, up from 232,000 tons.

Fertilizer volume stood at 202,000 tons as compared to 171,000 tons for the same period last year.

Seed volume reached $8,428,000, up from $7,121,000 a year ago.

Farm supply volume dipped the first 6 months of the fiscal year to $36,389,000, down 3% from $37,477,000 a year ago.

Petroleum volume was up 13% for the first 6 months to 106,842,000 year ago. Bulk volume for the period declined slightly.

Grain marketing volume for the period ha[illegible]

Another feature of the session was a videotaped discussion by members of Southern States senior management on how farmers and their cooperative can best meet the tough challenges ahead.

A total of 27 of these regional meetings is being held over a five-state area this month by Southern States. The cooperative serves farmer members who live in Virginia, West Virginia, Maryland Delaware and Kentucky.

Board and committee members and young farmers attending the session from this area were Dan G. Coleman, of Coleman & Sons, Inc.; Roy T. Bennett, of Concord; B. C. Massey, of Pamplin; Archer Webb, of Appomattox; and R. L. Cordell, of Appomattox.

Schewels opens new store

Schewel Furniture Company, Inc., opened for business in downtown Rocky Mount, Va. on Thursday of last week in the location formerly occupied by Morris Furniture which has been serving Franklin County for 38 years.

Marc Schewel of Lynchburg is hoping that the name will be the only significant change as Schewels begins business in its 19th locality.

The Lynchburg-based firm now has stores in Lynchburg, Danville, Bedford, Altavista, Amherst, Lexington, Farmville, Harrisonburg, Winchester, Culpeper, Orange, Front Royal, Luray and Appomattox. It also has North Carolina stores in Reidsville, Roxboro, and Henderson.

Terry Law, who has been an employee of Morris Furniture for 25 years, has been named manager of the Schewel Furniture Store.

Schewel Furniture Co. Inc., was founded in Lynchburg in 1897 by Marc Schewel's great-grandfather, Elias Schewel. The present officers of the company are Bertram Schewel, president; Elliott Schewel, vice-president; Marc Schewel, secretary and Charles Staples, treasurer.

DAVID COVINGTON of Lawson Ford has been recognized for sales excellence in 1983 with membership in Ford Motor Co.'s Elite Society of Professional Sales Counselors. David has been with Lawson Ford four years but has only been in sales one year. David and his wife Helen have one son, Richard. They reside in the Evergreen community.

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